


# Summer Lunch Menu ♦ Grades K-5



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Chicken Salad Sandwich on whole grain bread 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh fruit salad 1/2 c. Fresh Apple Slices Milk***	Hamburger on a whole wheat bun 2/3 c. Baked beans 1 c. Tossed salad (Romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh Peach Slices Milk	Toasted Turkey and Cheese on whole wheat Bread 1/2 c. Green Peas 1/2 c. Summer Yellow Squash 1/2 c. Fresh Watermelon Chunks Milk	Barbecued Chicken Whole grain roll 1/2 c. Sweet corn Tasty Sweet Potato Tots 1/2 c. Fresh Cantaloupe Milk	Stromboli on whole grain bread 1/2 c. Fresh Carrots w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Three bean salad 1/2 c. Fresh Honeydew Whole Grain Oatmeal Cookie Milk
<b>Week 2</b>	3/4 c. Chicken Tetrazzini Whole Grain French Bread 1/2 c. Seasoned Broccoli 1/2 c. Cucumber & Tomatoes w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Pineapple Chunks Milk	Sloppy Joe on Whole Wheat Bun 1/2 c. Green Beans Tasty Sweet Potato Tots 1/2 c. Fresh strawberries Milk	Chicken Nuggets 1/2 c. Orange glazed carrots 1/2 c. Succotash 1/2 c. Fresh Cantaloupe 4 oz. Low-fat vanilla yogurt 1/4 c. Whole Grain & Oat Granola Milk	Fiesta Wrap (black beans, red pepper, carrots, quinoa) on Whole Grain Tortilla 1/2 c. Fresh Red peppers w/ 1/2 c. Hummus 1/2 c. Fresh Sliced Peaches Whole Grain Blueberry Muffin Milk	Veggie Burger on Whole Wheat Bun 1/2 c. Potato Salad 1/2 c. Sautéed Spinach 1/2 c. Fresh Honeydew Milk
<b>Week 3</b>	Vegetable Pizza with Whole Grain Crust 1/2 c. Waffle Fries 1/2 c. Green Beans 1/2 c. Fresh Blueberries Milk	Honey Mustard Chicken Wrap on Whole Grain Tortilla Mozzarella Cheese Stick 1 c. Berry and Spinach Salad 1/2 c. Sweet Corn Milk	All Beef Hotdog on Whole Grain Bun 1/2 c. Cucumber & Tomato w/ 2 Tbsp. Low-Fat Ranch Dip 1/3 c. Baked Beans 1/2 c. Fresh Honeydew Chunks Milk	1 1/2 c. Chicken Penne Whole Grain Roll Tossed Salad (romaine lettuce, tomato, mushroom, cucumber,) 1/2 c. Fresh Grapes Milk	Beef and Black Bean Burrito Whole Grain Tortilla Chips w/ 1/4 c. Salsa 1/2 c. Fresh Baby Carrots Whole Banana Milk
<b>Week 4</b>	“Quirky” Beef Quesadilla (whole grain-rich tortilla) 1/2 c. Three Bean Salad 1/2 c. Green peas 1/2 c. Pineapple chunks Milk	Whole Grain Rotini and Meat Sauce 1 c. Tossed salad (romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh blueberry and banana salad Milk	Crunchy Hawaiian Chicken wrap on whole grain tortilla 1/2 c. Scalloped potatoes 1/2 c. Green beans 1/2 c. Fresh strawberries Milk	Whole Grain Rainbow Rice Whole Grain roll 1/2 c. Sautéed Spinach 1/2 c. Red Pepper w/ 2 1bsp. Low-fat ranch dip 1/2 c. Fresh raspberries Milk	Pork Salad Wrap on whole grain tortilla Tasty Sweet Potato Tots 1/2 c. Sweet corn 1/2 c. Fresh orange slices Milk
<b>Week 5</b>	Chicken Salad Sandwich on Whole Grain Bread Tasty Sweet Potato Tots 1/2 c. Sesame Broccoli 1/2 c. Blueberry & Banana Salad Milk	Sloppy Joe on whole grain bun 1/2 c. Marinated black bean salad 1/2 c. Sweet corn 1/2 c. Fresh Sliced Cantaloupe Milk	Mozzarella Crusted Pollock 1/2 c. Whole Grain Rice Pilaf 1/2 c. Three bean salad 1 c. Strawberry Spinach Salad Milk	Cheeseburger on a whole grain bun 1/2 c. Summer Squash 1/3 c. Potato Salad 1/2 c. Fresh plum Milk	Stir Fry Fajita (3/4 cup) w/ 1/2 c. whole grain rice Whole Grain Roll 1/2 c. Fresh Carrots w/ 1 tbsp. Low-fat Ranch dip 1/2 c. Fresh Watermelon Milk

\*\*\*1% Unflavored milk and Non-Fat/Skim Flavored Milk offered as daily milk options

# Lunch Breakdown– Week 1 Summer • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on whole grain bread</b> 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh fruit salad 1/2 c. Fresh Apple Slices Milk	<b>Hamburger on a whole wheat bun</b> 2/3 c. Baked beans 1 c. Tossed salad  1/2 c. Fresh Peach Slices Milk	<b>Toasted Turkey and Cheese on whole wheat Bread</b> 1/2 c. Green Peas 1/2 c. Summer Yellow Squash 1/2 c. Fresh Watermelon Chunks Milk	<b>Barbecued Chicken</b> <b>Whole grain roll</b> 1/2 c. Sweet corn <b>Tasty Sweet Potato Tots</b> 1/2 c. Fresh Cantaloupe Milk	<b>Stromboli on whole grain bread</b> 1/2 c. Fresh Carrots w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Three bean salad 1/2 c. Fresh Honeydew <b>Whole Grain Oatmeal</b> <b>Cookie</b> <b>Milk</b>		
<b>Fruits</b>	Fruit salad Mandarin oranges; banana; grapes)= 1/2 cup Apple slices = 1/2 cup	Peaches= 1/2 cup	Watermelon= 1/2 cup	Cantaloupe= 1/2 cup	Honeydew= 1/2 cup	<b>3 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq.				1 cup	<b>1/2 cup</b>
<b>Red/Orange</b>				Tasty Tots (Sweet potato)= 3/8 cup	Carrots= 1/2 cup	7/8 cup	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>		Baked beans= 1/2 cup			Three bean salad= 1/2 cup	1 cup	<b>1/2 cup</b>
<b>Starchy</b>			Green peas= 1/2 cup	Sweet corn= 1/2 cup		1 cup	<b>1/2 cup</b>
<b>Other</b>	Green beans= 1/2 cup	Salad (1/8 cup Mushrooms & 1/8 cup Cucumber)= 1/4 cup	Yellow squash = 1/2 cup	Tasty tots (Onion & chickpea= 1/4 cup		1 1/2 cup	<b>1/2 cup</b>
<b>Total Vegetable</b>						<b>5 5/8 cup</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain bread 2 oz.	Hamburger bun= 2 oz.	Whole grain bread = 2 oz.	Whole grain roll= 1 oz.	Stromboli= 2 oz.	<b>9 oz. eq. 9oz. = whole grain-rich</b>	<b>8-10 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz.	Hamburger= 2 oz.	Turkey and cheese= 2 oz.	Barbecue chicken= 2 oz.	Stromboli= 2 oz.	<b>10 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	623.84 kcals	550-650 kcals
Sodium	1083.73 mg	≤ 1230 mg
Saturated Fat	6.64 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Chicken Salad</u>	<u>Baked Beans</u>
<u>Barbecued Chicken</u>	<u>Tossed Salad</u>
<u>Ranch Potato Wedges</u>	<u>Oatmeal Cookie</u>
<u>Toasted Turkey Ham &amp; Cheese</u>	
<u>Stromboli</u>	
<u>Sweet Potato Tots</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Roll, Whole grain

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey  
Low sodium Ham  
Cheese

#### Vegetables

Green Beans  
Sweet potato, canned  
Green Peas  
Vegetarian Beans  
Carrots, fresh  
Sweet Corn

#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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## Summer Lunch Menu • Week 2 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Tetrizzini (3/4 cup)</b> <b>Whole Grain French bread</b> 1/2 c. Seasoned broccoli 1/2 c. Cucumber & Tomatoes w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Pineapple Chunks Milk	<b>Sloppy Joe on whole grain bun</b> 1/2 c. Green beans Tasty Sweet Potato Tots 1/2 c. Fresh strawberries Milk	<b>Chicken Nuggets</b> 1/2 c. Orange glazed carrots 1/2 c. Succotash 1/2 c. Fresh cantaloupe 1/2 c. Low-fat vanilla yogurt 1/4 c. Granola Milk	<b>Fiesta Wrap (black beans, red pepper, carrots, quinoa)</b> 1/2 c. Fresh Red peppers w/ 1/2 c. Hummus 1/2 c. Fresh sliced peaches <b>Whole grain blueberry muffin</b> Milk	<b>Veggie Burger on a whole wheat bun</b> 1/2 c. Potato Salad 1/2 c. Sautéed spinach 1/2 c. Fresh honeydew Milk		
<b>Fruits</b>	Fresh Pineapple= 1/2 cup	Strawberries= 1/2 cup	Cantaloupe= 1/2 cup	Peaches= 1/2 cup	Fresh honeydew=1/2 cup	<b>2 1/2 cup</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup			Black bean wrap= 1/8cup	Spinach = 1/2 cup	1 1/8 cup	1/2 cup
<b>Red/Orange</b>	Salad (Tomato wedges)= 1/4 cup	Tasty tots= 3/8 cup	Orange Glazed carrots= 1/2 cup	Red pepper slices= 1/2 cup		1 3/4	3/4 cup
<b>Beans/Peas (Legumes)</b>				Hummus= 1/2 cup		1/2 cup	1/2 cup
<b>Starchy</b>			Succotash= 1/2 cup		Potato Salad= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Cucumber= 1/4 cup	Green beans= 1/2 cup Tasty Tots (onion & chickpea)= 1/4 cup		Black bean wrap= 1/8 cup		7/8 cup	1/2 cup
<b>Total Vegetable</b>						<b>5 1/4 cup</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain roll= 1.5 oz. Tetrizzini =3/4 cup	Sloppy Joe Bun= 2 oz.	Granola= 1 oz.	Black bean wrap= 3/4	Hamburger bun= 1.5 oz.	<b>8oz. eq. 8 oz. whole grain-rich</b>	<b>8-9 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Chicken tetrizzini= 2.5 oz. eq.	Sloppy Joe (Beef) = 2 oz. eq.	Chicken Nuggets= 2 oz. eq. 1/2 cup Vanilla yogurt= 1 oz.	Bean wrap = 1/2 oz. eq.	Hamburger= 2 oz.	<b>10 oz. eq.</b>	<b>8-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

## Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	643.94 kcals	550-650 kcals
Sodium	1017.79 mg	≤ 1230 mg
Saturated Fat	6.37 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

## HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

## Summary of Recipes

Chicken Tetrazzini

Sloppy Joe

Sweet Potato Tasty Tots

Orange Glazed Carrots

Fiesta Wrap

Potato Salad

Blueberry Muffin

## Summary of USDA Foods

### Grains

Whole grain spaghetti Noodles

Bread, whole grain

Roll, Whole grain

### Vegetables

Green Beans

Sweet potato, canned

Sweet Corn

Potatoes

### Meat/ Meat Alternate

Chicken

Ground Beef

Cheese

### Fruits


Fresh Apple Slices

## Produce Pricing: Coming Soon!

Conventional

Local

## Summer Lunch Menu • Week 3 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Vegetable Pizza with whole grain crust 1/2 c. Baked Potato Wedges 1/2 c. Green beans 1/2 c. Fresh Blueberries Milk	Honey mustard chicken wrap on Whole Grain Tortilla Mozzarella cheese stick 1 c. Berry and Spinach Salad 1/2 c. Sweet corn Milk	All Beef Hotdog on whole grain bun 1/2 c. Cucumber & Tomato w/ 2 Tbsp. Low-Fat Ranch Dip 1/3 c. Baked Beans 1/2 c. Fresh Honeydew Chunks Milk	Chicken penne (1 1/2 cup) Whole grain roll Tossed Salad (romaine lettuce, tomato, mushroom, cucumber,) 1/2 c. Fresh grapes Milk	Beef & Refried Bean burrito Whole grain tortilla chips w/ 1/4 c. Salsa 1/2 c. Fresh baby carrots Whole Banana Milk		
<b>Fruits</b>	Blueberries = 1/2 cup	Spinach salad: strawberries and mandarin oranges = 1/2 cup	Honeydew chunks = 1/2 cup	Fresh grapes = 1/2 cup	Banana = 1 cup	3 cups	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Spinach (Salad) = 1/2 cup eq.		1 cup Romaine lettuce = 1/2 cup eq. Chicken penne (Broccoli) = 3/8 cup		1 1/2 cup	1/2 cup
<b>Red/Orange</b>	Pizza (Tomato) = 1/2 cup		Tomato = 1/4 cup		Fresh Carrots = 1/2 cup	1 1/4 cup	3/4 cup
<b>Beans/Peas (Legumes)</b>			1/3 cup Baked beans = 1/4 cup eq.		Burrito (Refried Beans) = 1/8 cup Hummus = 1/4 cup	5/8 cup	1/2 cup
<b>Starchy</b>	Potato wedges = 1/2 cup		Green peas = 1/2 cup			1 cup	1/2 cup
<b>Other</b>	Green beans = 1/2 cup	Wrap (Broccoli Slaw) = 1/2 cup		Salad (1/8 cup Cucumber & 1/8 cup Mushrooms) = 1/4 cup		1 1/4 cup	1/2 cup
<b>Total Vegetable</b>						6 cups	<b>3 3/4 cups</b>
<b>Grains*</b>	Pizza crust = 2 oz. eq.	Wrap = 1 oz. eq.	Hamburger roll = 1.5 oz. eq.	Chicken penne = 3/4 oz. eq.	Burrito = 1.5 oz. eq. Tortilla chips 1.0 oz.	8.25 oz. eq. 8.25 oz. whole grain-rich	<b>8-9 oz. eq</b>
<b>Meat/Meat Alternate</b>	Pizza = 1 1/4 oz. eq.	Chicken wrap = 2 oz. eq. Cheese stick = 1 oz.	Hot dog = 2 oz.	Chicken penne = 1 oz. eq.	Burrito = 2 oz. eq.	9 1/4 oz.	<b>8-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	614.75 kcals	550-650 kcals
Sodium	964.11 mg	≤ 1230 mg
Saturated Fat	6.93 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Vegetable Pizza</u>	<u>Baked Beans</u>
<u>Ranch Potato Wedges</u>	<u>Beef &amp; Bean Burrito</u>
<u>Honey Mustard Chicken Wrap</u>	<u>Tossed Salad</u>
<u>Strawberry Spinach Salad</u>	
<u>Chic' Penne</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Roll, Whole grain

#### Meat/ Meat Alternate

Chicken  
Cheese  
Ground Beef  
Cheese Stick

#### Vegetables

Green Beans  
Green Peas  
Vegetarian Beans  
Carrots, fresh  
Sweet Corn

#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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# Summer Lunch Menu • Week 4 Breakdown • Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>"Quirky" Beef Quesadilla</b> (whole grain-rich tortilla) 1/2 c. Three Bean Salad 1/2 c. Green peas 1/2 c. Pineapple chunks Milk	<b>Whole Grain Rotini and Meat Sauce</b> 1 c. Tossed salad (romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh blueberry and banana salad Milk	<b>Crunchy Hawaiian Chicken wrap on whole grain tortilla</b> 1/2 c. Scalloped potatoes 1/2 c. Green beans 1/2 c. Fresh strawberries Milk	<b>Whole Grain Rainbow Rice</b> Whole Grain roll 1/2 c. Sautéed Spinach 1/2 c. Red Pepper w/ 2 1bsp. Low-fat ranch dip 1/2 c. Fresh raspberries Milk	<b>Pork Salad Wrap on whole grain tortilla</b> <b>Tasty Sweet Potato Tots</b> 1/2 c. Sweet corn 1/2 c. Fresh orange slices Milk		
<b>Fruits</b>	Pineapple chunks= 1/2 cup	Blueberry and Banana	Strawberries= 1/2 cup	Raspberries= 1/2 cup	Orange slices= 1/2 cup	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Romaine lettuce= 1/2 cup eq.	Wrap= 1/4 cup	Rainbow rice= 1/8 cup Sautéed Spinach= 1/2		1 3/8 cup	1/2 cup
<b>Red/Orange</b>		Tomato Sauce= 1/2 cup		Carrots and red pepper= 1/2 cup	Tasty tots (Onion & Chick-pea)= 3/8 cup	1 1/2 cups	3/4 cup
<b>Beans/Peas (Legumes)</b>	Three Bean Salad= 1/2 cup Quesadilla (Refried Beans)=					1/2 cup	1/2 cup
<b>Starchy</b>			Scalloped potatoes= 1/2		Sweet corn= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Green peas= 1/2 cup	Salad (1/8 cup Cucumber & 1/8 cup Mush-	Wrap= 1/4 cup		Pork Salad Wrap= 5/8 cup Tasty tots= 1/4 cup	2 1/8 cup	1/2 cup
<b>Total Vegetable</b>						<b>7 1/4 cups</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Quesadilla tortilla = 1.5 oz. eq.	Whole grain spaghetti= 1.5 oz. eq.	Chicken wrap= 1.5 oz.	Rainbow rice= 1 oz. Whole grain roll= 1 oz	Pork Salad Wrap=2 oz.	<b>8.5 oz. eq.</b> <b>8.5 whole grain-rich</b>	<b>8-9 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Beef Quesadilla= 2 oz. eq.	Meat sauce= 1.0 oz.	Wrap= 2 oz. eq.	Rainbow rice= 2 oz.	Pork Salad wrap=1.75 oz. Mozzarella cheese stick= 1	<b>9.75 oz. eq.</b>	<b>8-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich



### Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	648.45 kcals	550-650 kcals
Sodium	977.03 mg	≤ 1230 mg
Saturated Fat	5.65 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Quirky Quesadilla

Rotini and Meat Sauce

Three Bean Salad

Tossed Salad

Crunchy Hawaiian Chicken Wrap

Scalloped Potatoes

Rainbow Rice

Pork Salad Wrap

Tasty Sweet Potato Tots

### Summary of USDA Foods

#### Grains

Bread, whole grain

Rice, Whole Grain

Roll, Whole grain

#### Vegetables

Green Beans

Sweet potato, canned

Green Peas

Potatoes

Carrots, fresh

Sweet Corn

#### Meat/ Meat Alternate

Chicken

Beef Patty

Cheese

Pork

#### Fruits


Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional

Local

## Lunch Breakdown– Week 5 Summer • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on Whole Grain Bread</b> <b>Tasty Sweet Potato Tots</b> 1/2 c. Sesame Broccoli 1/2 c. Blueberry & Banana Salad Milk	<b>Sloppy Joe on whole grain bun</b> 1/2 c. Marinated black bean salad 1/2 c. Sweet corn 1/2 c. Fresh Sliced Cantaloupe Milk	<b>Mozzarella Crusted Pollock</b> 1/2 c. Whole Grain Rice Pilaf 1/2 c. Three bean salad 1 c. Strawberry Spinach Salad Milk	<b>Cheeseburger on a whole grain bun</b> 1/2 c. Summer Squash 1/3 c. Potato Salad 1/2 c. Fresh plum Milk	<b>Chicken Fajita Stir Fry (3/4 cup)</b> w/ 1/2 c. whole grain rice <b>Whole Grain Roll</b> 1/2 c. Fresh Carrots w/ 1 tbsp. Low-fat Ranch dip 1/2 c. Fresh Watermelon Milk		
<b>Fruits</b>	Blueberry and Banana= 1 cup	Cantaloupe= 1/2 cup	Spinach salad= strawberries and mandarin oranges= 1/2 cup	1 whole Plum= 1/2 cup	Watermelon= 1/2 cup	2 1/2 cups	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli = 1/2 cup		1 Cup Spinach= 1/2 cup eq.			1 cup	<b>1/2 cup</b>
<b>Red/Orange</b>	Tasty tots (Sweet potato)= 3/8 cup	Sloppy joe (tomato paste)= 1/4 cup			Carrots = 1/2 cup Stir Fry (butternut squash; red pepper)= 3/8 cup	1 1/2 cups	<b>3/4 cup</b>
<b>Beans/Peas</b>		Black bean salad= 1/2 cup	Three bean salad= 1/2 cup			1 cup	<b>1/2 cup</b>
<b>Starchy</b>		Sweet corn= 1/2 cup		Mashed potatoes=1/2 cup	Stir fry (corn)= 1/8 cup	1 1/8 cup	<b>1/2 cup</b>
<b>Other</b>	Tasty tots (Onion & chick-pea)= 1/4 cup			Summer squash= 1/2 cup	Stir Fry (onion)= 1/4 cup	1 cup	<b>1/2 cup</b>
<b>Total Vegetable</b>						5 5/8 cup	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain bread= 2 oz.	Sloppy joe= 1.5 oz. eq.	1/2 cup Rice Pilaf= 1 oz.	Hamburger roll= 2 oz.	Stir Fry (rice) = 1 oz. eq. Whole Grain roll = 1 oz.	8 1/2 oz. eq. 8 1/2= whole grain rich	<b>8-9oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz.	Sloppy joe= 2 oz.	Pollock= 2 oz.	Hamburger = 2 oz. Cheese= 1 oz.	Stir fry= 1 1/4 oz. eq.	9 1/4 oz.	<b>8-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	644.81 kcals	550-650 kcals
Sodium	831.23 mg	≤ 1230 mg
Saturated Fat	5.85%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Chicken Salad</u>	<u>Three Bean Salad</u>
<u>Sloppy Joe</u>	<u>Tossed Salad</u>
<u>Tasty Sweet Potato Tots</u>	<u>Potato Salad</u>
<u>Lentils of the Southwest</u>	<u>Chicken Stir Fry Fajita</u>
<u>Roasted Fish Crispy Slaw Wrap</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Rice, Whole Grain  
Roll, Whole grain

#### Vegetables

Sweet potato, canned  
Potatoes  
Carrots, fresh  
Sweet Corn

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey  
Low sodium Ham

#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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